

Questions documentation

16-years Mobile Phone Questionnaire (YQ2)

The Norwegian Mother, Father and Child Cohort Study
(MoBa)

Adolescent questionnaires series (MoBaYoung)

This document describing the instruments used to construct the questionnaire has not been finally quality assured. The document may contain some minor inaccuracies and will be subjected to revision. If you have any comments that may improve this document, contact mobaadm@fhi.no.

Version	Date	Performed by	Description
1.0	15.11.2022	Ragnhild Brandlistuen	Original version
1.1	03.12.2022	Data manager MoBa	Inclusion of correct variable names
1.2	20.01.2023	Coordinator MoBa	Layout
1.3	23.01.2023	Data manager MoBa	Inclusion of missing response options
1.4	30.04.2025	Data manager MoBa	Added information about version D. Version D is equivalent to Version C in content. The only difference is that Version D has the questionnaire split into two parts, with the first part containing only the unique pin-code.

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MODEL STRUCTURE OF WHAT IS PRESENTED PER INSTRUMENT / SECTION

Instrument

1. Name of original instrument/question:

Original name of scale (*no name* if only single question)

List wording of questions included in the section (with number from questionnaire in front) and write response categories (with values used in the dataset)

2. Description of original scale or selection of items used

Description of analytical approaches for selecting just a sample of items from a scale

If single question. NOT RELEVANT

If selection of established short version, make referral to literature and/or use

Where does the Q/scale come from, what is it meant to measure. Description of number of items, subscales. Where the Q/scale has been used and any information that give insight into what instrument this is.

Primary references of the instrument as well as important secondary publications if relevant.

3. Rationale for choosing the instrument:

What is it meant to measure and IF RELEVANT: Why this is a good measure.

4. Modifications:

Describe modifications during the study from one version to another.

Write if omitted or added from one version to another

NOTE 1: There are four versions of this questionnaire (A, B, C and D). This instrument documentation is based on version C, as per 02.01.2023. Version D is equivalent to Version C in content. The only difference is that Version D has the questionnaire split into two parts, with the first part containing only the unique pin-code. The questionnaire may be subject to further changes.

NOTE 2: Some participants have been able to answer follow-up questions without answering the main questions, this was due to a technical issue. When using data from follow-up questions make sure that the main question is answered as expected.

If you have any comments that may improve this document, please contact mobaadm@fhi.no.

Questions about gender and sexual orientation

Q		Response options	Variable name
Version C, D			
1	What gender were you registered as when you were born?	1 Boy 2 Girl	YB10
2	Do you identify as this gender today? <i>Choose a number from 0 to 10. 0 means not at all, and 10 means yes, completely.</i>	0 – Not at all 1 2 3 4 5 6 7 8 9 10 – Yes, completely	YB11
3	How would you describe your gender identity today?	1 Boy 2 Girl 3 Boy AND girl 4 Neither boy nor girl 5 Don't know	YB12
4	Have you received treatment due to a mismatch between your experienced gender and the gender you were assigned at birth?	1 No 2 Yes	YB13
4.1	If yes: – Have you taken hormone preparations or puberty blockers? This element will only be displayed if the “Yes” option is selected in question “4. Have you received treatment due to a mismatch between your experienced gender and the gender you were assigned at birth?”	1 No 2 Yes	YB14
4.2	If yes, which? (You can tick several options.) ‘This element will only be displayed if the “Yes” option is selected in question “4.1 If yes: – Have you taken hormone preparations or puberty blockers?”	Puberty blockers	YB15
		Oestrogen patches	YB16
		Oestrogen tablets	YB17
		Testosterone gel	YB18
		Testosterone injections	YB19
5	How would you describe your sexual orientation today?	1 Gay/Lesbian 2 Heterosexual 3 Bisexual 4 Pansexual 5 Asexual 6 Don't know	YB20
Version A, B, C, D			
6	Do you have a significant other?	1 Yes, I have a significant other now 2 No, but I've had a significant other in the past 3 No, I've never had a significant other	YB21
7	Have you ever had vaginal, oral or anal sex with a partner?	1 Yes 2 No	YB22
7.1	How old were you the first time you had vaginal, oral or anal sex with a partner?	1 Younger than 10 years 2 10 years 3 11 years	YB23

Q		Response options	Variable name
	<i>This element will only be displayed if the “Yes” option is selected in question “7. Have you ever had vaginal, oral or anal sex with a partner?”</i>	4 12 years 8 16 years 9 17 years 10 18 years	
7.2	So far during your entire life, with how many people have you had vaginal, anal or oral sex? <i>This element will only be displayed if the “Yes” option is selected in question “7. Have you ever had vaginal, oral or anal sex with a partner?”</i>	1 1 person 2 2 persons 3 3 persons 4 4 persons 48 48 persons 49 49 persons 50 50 persons or more	YB24
7.3	The first time you had sex/intercourse with your last partner, did you use any kind of pregnancy or infection protection? (You can tick several options.) <i>This element will only be displayed if the “Yes” option is selected in question “7. Have you ever had vaginal, oral or anal sex with a partner?”</i>	No, none	YB25
		Yes, condoms	YB26
		Yes, the contraceptive pill	YB27
		Yes, other protection	YB28
		Withdrawal method	YB29
		Morning after pill/emergency contraception	YB30
		Uncertain/don’t know	YB31
Version A and B			
7	Do you consider yourself to have a different gender identity to the one you were born with?	1 Yes 2 No 3 Sometimes	YB133
8	What kind of gender do you identify with?	1 Girl 2 Boy 3 Other (Intersex, transperson, Non-binary)	YB135
8.1	If other, describe: <i>This element will only be displayed if the “Other” option is selected in question “8. State your current sexual orientation?”</i>	Non-binary	YB136
		Male-to-female transperson	YB137
		Female-to-male transperson	YB138
		Intersex	YB139
10	State your current sexual orientation	1 Gay/Lesbian 2 Heterosexual 3 Bisexual 4 Asexual 5 I prefer a different description (e.g. queer) 6 Don’t know	YB134

Description of original questions: Questions about gender and sexual health was selected and adapted for use in MoBa based on items from the 14-year MoBa data collection and questionnaires used in the “Ung i Norge (Young in Norway)”, “Topp”-study (Trivsel og oppvekst i barndom og ungdomstid) and the Norwegian sex survey 2013 (Kvalem et al., 2014; Træen et al., 2016). Experts consulted: Ingela Kvalheim og Bente Træen (UiO), Eia Skjønberg (FHI), Wendy Nilsen (AFI) and Ingrid Mannsverk and choice of questions discussed in the MoBa expert panel group.

Rationale for choosing the questions:

Gender identity, sexual health and contraception use are important potential predictors of later health outcomes.

Revisions: The questions about gender identity were revised from version A and B to the final version C.

References:

Strand, N. P., & von Soest, T. (2008). Young in Norway–Longitudinal. Documentation of design, variables, and scales. Oslo, Norway: NOVA, NTNU.

Mathiesen, K. S., Kjeldsen, A., Skipstein, A., Karevold, E., Torgersen, L., & Helgeland, H. (2007). Trivsel og oppvekst-barndom og ungdomstid. rapport Nasjonalt folkehelseinstitutt.

Kvalem, I. L., Træen, B., Lewin, B., & Štulhofer, A. (2014). Self-perceived effects of Internet pornography use, genital appearance satisfaction, and sexual self-esteem among young Scandinavian adults. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 8(4).

Rosser, B. R. S., Smolenski, D., Erickson, D., Iantaffi, A., Brady, S. S., Grey, J. A., Hald, G. M., Horvath, K. J., Kilian, G., Træen, B., & Wilkerson, J. M. (2013). The effects of gay sexual explicit media on the HIV risk behavior of men who have sex with men. *AIDS and Behavior*. DOI: 10.1007/s10461-013-0454-8.

Træen, B., Samuelsen, S. O., & Roen, K. (2016). Sexual debut ages in heterosexual, lesbian, gay, and bisexual young adults in Norway. *Sexuality & Culture*, DOI 10.1007/s12119-016-9353-2.

Questions about experience with pornography

Q		Response options	Variable name
	<i>We will now ask you about your experiences with pornography. By pornography we mean various films/video clips or images of sexual acts (e.g. depicting oral, vaginal or anal sex). Material that contains nudity but does not show sexual activities is not defined to be pornography in this study.</i>		
8	Have you ever viewed pornographic material?	1 Yes 2 No	YB32
8.1	Around how old were you the first time you viewed pornography? <i>This element will only be displayed if the “Yes” option is selected in question “8. Have you ever viewed pornographic material?”</i>	1 Younger than 10 years 2 10 years 3 11 years 4 12 years 5 13 years 6 14 years 7 15 years 8 16 years 9 17 years 10 18 years	YB33
8.2	How often have you viewed pornography during <u>the last 12 months</u> ? <i>This element will only be displayed if the “Yes” option is selected in question “8. Have you ever viewed pornographic material?”</i>	1 Never 2 Once 3 A couple of times 4 Less than once a month 5 Around once a month 6 Around once a week 7 Several times a week 8 Daily	YB34

Description of original questions: The definition of pornography is a translated and adapted version of the definition used by Gert Martin Hald in the German Sex Survey 2019 (www.gesid.eu) Questions about experience with pornography was based on advice by experts on sexual health Ingela Kvalem and Bente Træen for the use in MoBa.

References:

Rosser, B. R. S., Smolenski, D., Erickson, D., Iantaffi, A., Brady, S. S., Grey, J. A., Hald, G. M., Horvath, K. J., Kilian, G., Træen, B., & Wilkerson, J. M. (2013). The effects of gay sexual explicit media on the HIV risk behavior of men who have sex with men. *AIDS and Behavior*. DOI: 10.1007/s10461-013-0454-8.

Hald, G. M. (2006). Gender differences in pornography consumption among young heterosexual Danish adults. *Archives of Sexual Behavior*, 35(5), 577–585. <https://doi.org/10.1007/s10508-006-9064-0>

Questions about sexual harassment

Q		Response options	Variable name
Tick if you have been subject to any of the following types of sexual harassment: <i>Sexual harassment is defined as unwanted sexual attention that is offensive and distressing.</i>			
9.1	<u>Verbal</u> harassment Sexual insinuations and suggestions, comments about body, appearance or private life		YB35
9.1.1	Who were you harassed by (sexual allusions and suggestions, comments about body, appearance or private life)? <i>(Tick one or more options.)</i> <i>This element will only be displayed if the option "Sexual allusions and suggestions, comments about body, appearance or private life" is selected in question "9.1 Verbal harassment".</i>	Fellow student	YB36
		Teacher or employee at the school	YB37
		Family member	YB38
		Acquaintance	YB39
		Other	YB40
9.1.2	When did you last experience harassment (sexual allusions and suggestions, comments about body, appearance or private life)? <i>This element will only be displayed if the option "Sexual allusions and suggestions, comments about body, appearance or private life" is selected in question "9.1 Verbal harassment".</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB41
9.1.3	How many times have you experienced harassment (sexual allusions and suggestions, comments about body, appearance or private life)? <i>This element will only be displayed if the option "Sexual allusions and suggestions, comments about body, appearance or private life" is selected in question "9.1 Verbal harassment".</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB42
9.2	<u>Non-verbal</u> harassment <i>(Tick one or more options.)</i>	Invasive staring or body movements	YB43
		Display of sexual images (including digital)	YB44
		Indecent exposure	YB45
9.2.1	By whom were you harassed (invasive staring or physical activity)? <i>(Tick one or more options.)</i> <i>This element will only be displayed if the option "Invasive staring or physical activity" is selected in question "9.2 Non-verbal harassment"</i>	Fellow student	YB46
		Teacher or employee at the school	YB47
		Family member	YB48
		Acquaintance	YB49
		Other	YB50
9.2.3	When did you last experience harassment (invasive staring or physical activity)? <i>This element will only be displayed if the option "Invasive staring or body movements" is selected in question "9.2 Non-verbal harassment"</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB51
9.2.4	How many times have you experienced harassment (invasive staring or physical activity)? <i>This element will only be displayed if the option "Invasive staring or physical activity" is selected in question "9.2 Non-verbal harassment"</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times	YB52

Q		Response options	Variable name
		7 Seven times 8 Eight times 9 Nine times 10 Ten or more	
9.2.5	By whom were you harassed (Display of sexual images (including digital))? (Tick one or more options.) <i>This element will only be displayed if the option “Display of sexual images (including digital)” is selected in question “9.2 Non-verbal harassment”</i>	Fellow student Teacher or employee at the school Family member Acquaintance Other	YB53 YB54 YB55 YB56 YB57
9.2.6	When did you last experience harassment (Display of sexual images (including digital))? <i>This element will only be displayed if the option “Display of sexual images (including digital)” is selected in question “9.2 Non-verbal harassment”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB58
9.2.7	How many times have you experienced harassment (Display of sexual images (including digital))? <i>This element will only be displayed if the option “Display of sexual images (including digital)” is selected in question “9.2 Non-verbal harassment”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB59
9.2.8	By whom were you harassed (indecent exposure and similar)? <i>This element will only be displayed if the option “Indecent exposure and similar” is selected in question “9.2 Non-verbal harassment”</i>	Fellow student Teacher or employee at the school Family member Acquaintance Other	YB60 YB61 YB62 YB63 YB64
9.2.9	When did you last experience harassment (indecent exposure and similar)? <i>This element will only be displayed if the option “Indecent exposure and similar” is selected in question “9.2 Non-verbal harassment”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB65
9.2.10	How many times have you experienced harassment (indecent exposure and similar)? <i>This element will only be displayed if the option “Indecent exposure and similar” is selected in question “9.2 Non-verbal harassment”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB66
9.3	<u>Physical</u> harassment	Unsolicited touching, hugging, or kissing Attempted rape Rape	YB67 YB75 YB83
9.3.1	Who were you touched, hugged or kissed by? <i>This element will only be displayed if the option “Unsolicited touching, hugging or kissing” is selected in question “9.3 Physical harassment”</i>	Fellow student Teacher or employee at the school Family member Acquaintance Other	YB68 YB69 YB70 YB71 YB72
9.3.2	When did you last experience this?	1 Last week 2 Last month 3 Last year	YB73

Q		Response options	Variable name
	<i>This element will only be displayed if the option “Unsolicited touching, hugging or kissing” is selected in question “9.3 Physical harassment”</i>	4 More than a year ago	
9.3.3	How many times have you experienced harassment in the form of unsolicited touching, hugging or kissing? <i>This element will only be displayed if the option “Unsolicited touching, hugging or kissing” is selected in question “9.3 Physical harassment”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB74
9.3.4	Who attempted to rape you? <i>This element will only be displayed if the option “Attempted rape” is selected in question “9.3 Physical harassment”</i>	Fellow student Teacher or employee at the school Family member Acquaintance Other	YB76 YB77 YB78 YB79 YB80
9.3.5	When did you last experience this? <i>This element will only be displayed if the option “Attempted rape” is selected in question “9.3 Physical harassment”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB81
9.3.6	How many times has someone tried to rape you? <i>This element will only be displayed if the option “Attempted rape” is selected in question “9.3 Physical harassment”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB82
9.3.7	Who were you raped by? <i>This element will only be displayed if the option “Rape” is selected in question “9.3 Physical harassment”</i>	Fellow student Teacher or employee at the school Family member Acquaintance Other	YB84 YB85 YB86 YB87 YB88
9.3.8	When did you last experience this?	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB89
9.3.9	How many times have you been raped? <i>This element will only be displayed if the option “Rape” is selected in question “9.3 Physical harassment”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB90

Description of questions: Sexual harassment is commonly defined as unwanted and unwelcome sexual behaviour affecting both physical and psychological well-being of a person. Sexual harassment was assessed using 7 items covering 3 forms (verbal, physical and nonverbal harassment)¹, also corresponding to the legal definition of Norwegian regulations. The questions were selected based on previous use in The SHoT study (Students’ Health and Wellbeing Study)².

Rationale for use: Sexual harassment is an important potential risk factor for a broad range of health outcomes. Sexual harassment increases the risk of both mental³ and somatic⁴ health problems. Sexually harassed students have also been shown to perform worse academically⁵ as well as being more likely to engage in risky behaviours such as increased drug use, problematic drinking behaviours, sexual risk taking and sexual dysfunction.^{6 7}

REFERENCES

1. American Association of University Women Educational Foundation. *Hostile Hallway Survey on sexual harassment in America's schools*. Washington, DC2001.
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3. Kaura SA, Lohman BJ. Dating violence victimization, relationship satisfaction, mental health problems, and acceptability of violence: a comparison of men and women. *J Fam Violence* 2007; 22:367–81.
4. Campbell R, Sefl T, Ahrens CE. The physical health consequences of rape: assessing survivors' somatic symptoms in a racially diverse population. *Women's Studies Quarterly* 2003; 31:90–104.
5. Jordan CE, Combs JL, Smith GT. An Exploration of Sexual Victimization and Academic Performance Among College Women. *Trauma Violence Abuse* 2014; 15:191–200.
6. Fedina L, Holmes JL, Backes BL. Campus Sexual Assault: a systematic review of prevalence research from 2000 to 2015. *Trauma Violence Abuse* 2018; 19:76–93. 8.
7. Flack WF, Caron ML, Leinen SJ, et al. "The red zone": temporal risk for unwanted sex among college students. *J Interpers Violence* 2008; 23:1177–96.

Questions about bullying

Q		Response options	Variable name
	Below are some questions about bullying. Bullying is when: - One or more people (students or teachers) say or do bad and unpleasant things to another person, or tease in a hurtful/unpleasant way. Usually repeatedly and it can be difficult for the victim to defend themselves. - A person is intentionally excluded or other people tell lies or spread false rumours about that person. - Unpleasant and hurtful messages or images are received via mobile phone, social media or the internet. Teasing in a kind and friendly way is not bullying. Nor is it bullying when two roughly equally strong (equal) students fight or argue.		
10	How often have you been bullied by fellow students in recent months?	1 I have not been bullied in recent months 2 It has happened rarely 3 Two or three times a month 4 Around once a week 5 Several times a week	YB91
10.1	What type of bullying did you experience? (Tick one or more options.)	Was teased	YB92
		Was excluded	YB93
		Was punched, kicked or pushed	YB94
		Was bullied on social media	YB95
		Lies or false rumors	YB96
11	How often have you been bullied by teachers or employees at the school in recent months?	1 I have not been bullied in recent months 2 It has happened rarely 3 Two or three times a month 4 Around once a week 5 Several times a week	YB97
	What type of bullying did you experience? (Tick one or more options.)	Was teased	YB98
		Was excluded	YB99

Q		Response options	Variable name
	<i>This element will only be displayed if the option “It has happened rarely”, “Around once a week”, “Two or three times a month” or “Several times a week” is selected in question “11. How often have you been bullied by teachers or employees at the school in recent months?”</i>	Was punched, kicked or pushed	YB100
		Was bullied on social media	YB101
		Lies or false rumours	YB102
12	How often have you been involved in bullying one or more fellow students in <u>recent months</u> ?	1 I haven’t bullied anyone in recent months 1 It has happened rarely 2 Two or three times a month 2 Around once a week 3 Several times a week	YB103
12.1	How did you bully? (Tick one or more options.) <i>This element will only be displayed if the option “It has happened rarely”, “Around once a week”, “Two or three times a month” or “Several times a week” is selected in question “12. How often have you been involved in bullying one or more fellow students in recent months?”</i>	Teased	YB104
		Excluded	YB105
		Punched, kicked or pushed	YB106
		Bullied on social media	YB107
		Spread lies or false rumors	YB108

Description of original questions:

Bullying was assessed with the definition from the Olweus Bully/Victim Questionnaire¹ arguably the most widely used bullying self-report survey in the world.² Studies using the BVQ have been conducted in at least 15 countries. Items from the questionnaire was selected for use in MoBa.

REFERENCES

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2. Nansel TR, Overpeck M, Pilla RS, Ruan WJ, Simons-Morton B, Scheidt P. Bullying behaviors among US youth: prevalence and association with psychosocial adjustment. *JAMA*. 2001;285(16):2094-2100.

History of suicidal ideation, suicide attempts and self-harm

Q		Response options	Variable name
13	Have you ever deliberately harmed yourself in some way or other (with no intention of taking your own life)?	1 Yes 2 No	YB109
13.1	When was the last time this happened? <i>This element will only be displayed if the “Yes” option is selected in question “13. Have you ever deliberately harmed yourself in some way or other (with no intention of taking your own life)?”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB110
13.2	How many times has this happened? <i>This element will only be displayed if the “Yes” option is selected in question “13. Have you ever deliberately harmed yourself in some way or other (with no intention of taking your own life)?”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB111
13.3	How old were you the first time you intentionally hurt yourself? <i>This element will only be displayed if the “Yes” option is selected in question “13. Have you ever deliberately harmed yourself in some way or other (with no intention of taking your own life)?”</i>	1 Yngre enn 10 ár 2 10 years 3 11 years 4 12 years 5 13 years 6 14 years 7 15 years 8 16 years 9 17 years 10 18 years	YB112
14	Have you ever seriously thought about trying to harm yourself (with no intention of taking your own life), but not actually done so?	1 Yes 2 No	YB113
14.1	When did you last think about hurting yourself in this way? <i>This element will only be displayed if the “Yes” option is selected in question “14. Have you ever seriously thought about trying to harm yourself (with no intention of taking your own life), but not actually done so?”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB114
14.2	How many times have you had such thoughts? <i>This element will only be displayed if the “Yes” option is selected in question “14. Have you ever seriously thought about trying to harm yourself (with no intention of taking your own life), but not actually done this?”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB115
14.3	How old were you the first time you had this thought? <i>This element will only be displayed if the “Yes” option is selected in question “14. Have you ever seriously thought about trying to harm yourself (with no intention of taking your own life), but not actually done so?”</i>	1 Yngre enn 10 ár 2 10 years 3 11 years 4 12 years 5 13 years 6 14 years 7 15 years 8 16 years 9 17 years 10 18 years	YB116

Q		Response options	Variable name
15	Have you ever made an attempt to take your life, by taking an overdose of tablets or in some other way?	1 Yes 2 No	YB117
15.1	When did you last try to take your own life? <i>This element will only be displayed if the “Yes” option is selected in question “15. Have you ever made an attempt to take your own life, by taking an overdose of pills or in some other way?”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB118
15.2	How many times have you tried to take your own life? <i>This element will only be displayed if the “Yes” option is selected in question “15 Have you ever made an attempt to take your own life, by taking an overdose of pills or in some other way?”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB119
15.3	How old were you the first time you made an attempt to take your own life? <i>This element will only be displayed if the “Yes” option is selected in question “15. Have you ever made an attempt to take your own life, by taking an overdose of pills or in some other way?”</i>	1 Yngre enn 10 ár 2 10 years 3 11 years 4 12 years 5 13 years 6 14 years 7 15 years 8 16 years 9 17 years 10 18 years	YB120
16	Have you ever seriously thought of taking your life, but not actually attempted to do so?	1 Yes 2 No	YB121
16.1	When did you last think about taking your own life? <i>This element will only be displayed if the “Yes” option is selected in question “16. Have you ever seriously thought about taking your own life, but did not actually attempt to do so?”</i>	1 Last week 2 Last month 3 Last year 4 More than a year ago	YB122
16.2	How many times has this happened? <i>This element will only be displayed if the “Yes” option is selected in question “16. Have you ever seriously thought about taking your own life, but did not actually attempt to do so?”</i>	1 One time 2 Two times 3 Three times 4 Four times 5 Five times 6 Six times 7 Seven times 8 Eight times 9 Nine times 10 Ten or more	YB123
16.3	How old were you the first time you had this thought? <i>This element will only be displayed if the “Yes” option is selected in question “16. Have you ever seriously thought about taking your own life, but did not actually attempt to do so?”</i>	1 Yngre enn 10 ár 2 10 years 3 11 years 4 12 years 5 13 years 6 14 years 7 15 years 8 16 years 9 17 years 10 18 years	YB124

Description of original instrument History of suicidal ideation, suicide attempts and self-harm were assessed with three items drawn from the Adult Psychiatric Morbidity Survey (APMS)¹; and one item the Child and Adolescent Self-harm in Europe

study (CASE).² If respondents answered yes to any item, timing of the most recent episode, frequency of episodes and age at first onset were then assessed.

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Anxiety and Depression

1. Name of original scale: Hopkins Symptom Checklist-25 (HSCL-25)

Q		Response options	Variable name
	Have you been bothered by any of the following during the last two weeks?		
17	1. Feeling fearful	1 Not bothered 2 A little bothered 3 Quite bothered 4 Very bothered	YB125
18	2. Nervousness or shakiness inside		YB126
19	3. Feeling hopeless about the future		YB127
20	4. Feeling blue (depressed, heavy-hearted)		YB128
21	5. Worrying too much about things		YB129
22	6. Feeling everything is an effort		YB130

Description of original instrument: The Hopkins Symptoms Checklist-25 (HSCL-25/SCL-25)

The Hopkins Symptoms Checklist (HSCL) with 90 items was originally designed by Parloff, Kelman, and Frank (1954) at Johns Hopkins University and measures several types of symptoms of mental disorders, two of which are anxiety and depression. It was later described and validated by Derogatis *et al.* (1973). Hesbacher, *et al.*, (1980) demonstrated the usefulness of a 25-item version of the HSCL-90.

A concordance rate of 86.7% was demonstrated between the assessment by the physician and the patient's own rating of distress on the SCL-25 (Hesbacher, *et al.*, 1980). Using and available data material (Tambs & Moum, 1993), the short version scores were estimated to correlate 0.92 (SCL-5) and 0.94 (SCL-8) with the total score from the original instrument. The correlations between the SCL-8 anxiety and depression scores and the original anxiety and depression scores were 0.90 and 0.92, respectively (Tambs & Røysamb, 2014).

Description of SCL-5/6

This scale is designed to measure emotional distress in terms of symptoms of anxiety and depression, and the HSCL-5 correlates highly with the full 25 item HSCL (Pearson's correlation = 0.92) (Strand *et al.*, 2003; Tambs and Moum, 1993). The HSCL-5 consists of five questions: "Have you been bothered by any of the following during the last two weeks?": (1) feeling fearful, (2) nervousness or shakiness inside, (3) feeling hopeless about the future, (4) feeling blue, and (5) worrying too much about things. The response options are a four-point scale. One item from the SCL25 was added to the SCL-5 scale to improve reliability and discrimination between symptoms of anxiety and depression.

Base Reference/Primary Citation:

Derogatis, L.R., Lipman, R.S. & Covi L. 1973. The SCL-90: an outpatient psychiatric rating scale. *Psychopharmacology Bulletin* 9: 13-28.

Hesbacher, P.T., Rickels, R., Morris, R.J., Newman, H., and Rosenfeld, M.D. 1980. Psychiatric illness in family practice. *Journal of Clinical Psychiatry*, 41: 6-10.

Parloff, M.B., Kelman, H. C., and Frank, J. D. 1954. Comfort, effectiveness, and self-awareness as criteria for improvement in psychotherapy. *American Journal of Psychiatry*, 3:343-351.

Tambs, K. & Røysamb, E. (2014). Selection of questions to short-form versions of original psychometric instruments in MoBa. *Norsk Epidemiology (Special issue for MoBa)*.

Tambs, K., & Moum, T. (1993). How well can a few questionnaire items indicate anxiety and depression?. *Acta Psychiatrica Scandinavica*, 87(5), 364-367.

Rationale for choosing the questions:

SCL-5 have been repeatedly used in MoBa to measure symptoms of anxiety and depression.

Revision during the data collection period:

No revisions have been made

Quality of life

Name of original scale: The Cantril Self-Anchoring Striving Scale (Cantril ladder)

Q		Response options	Variable name
	Below you see a scale from 0 to 10, where 0 is the worst and 10 is the best life for you.		
23	Where do you feel you stand at the present time?	0 – worst 1 2 3 4 5 6 7 8 9 10 - best	YB131

Description of original instrument:

The Cantril Scale is a simple visual adaptable scale used to assess general life satisfaction (Cantril 1965). The original scale consists of the following: *Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time? (ladder-present). On which step do you think you will stand about five years from now? (ladder-future).*

An adapted version for use among adolescents in the Health Behaviour in School-aged Children (HBSC) surveys has been validated in adolescent populations (Levin & Currie, 2014). In MoBa the adapted version of the Cantril scale was used to measure life satisfaction in the present.

Psychometric Information:

The Cantril Scale has shown good reliability in the Health Behaviour in School-aged Children (HBSC) surveys of adolescent samples, and showed good convergent validity with other emotional well-being measures, perceived health and subjective health (Levin & Currie, 2014). Data from the HBSC 2010 survey revealed that the mean Cantril Scale scores for all countries was 7.58 and that 28 of 31 countries had a mean value between 7 and 8 (Looze, Huijts, Stevens, Torsheim, & Vollebergh, 2018). Most HBSC studies have used a cut-off point of 0–5 versus 6–10 to categorise low vs. high score. Others applied scores of 9–10 as a distinct measure of high life satisfaction versus low and medium scores of 0–8 (Due et al. 2019).

Base Reference/Primary Citation:

Cantril, H. (1965). *The pattern of human concerns*. New Brunswick, NJ: Rutgers University Press.

Diener E, Emmons RA, Larsen RJ, et al. The Satisfaction With Life Scale. *J Pers Assess* 1985;49(1):71-5. doi: 10.1207/s15327752jpa4901_13

Levin, K.A., & Currie, C. (2014). Reliability and validity of adapted version of the Cantril Ladder for use with adolescent sample. *Social Indicator Research*, 119, 1047–63.

Gallup (2009). *World Poll Methodology*. Technical Report. Washington, DC.

Due, P., Eriksson, C., Torsheim, T., Potrebny, T., Välimaa, R., Suominen, S., ... & Damgaard, M. T. (2019). Trends in high life satisfaction among adolescents in five Nordic countries 2002–2014. *Nordisk välfärdsforskning| Nordic Welfare Research*, 4(02), 54-66.

Rationale for choosing the questions:

Life satisfaction is an important indicator when assessing positive mental health aspects in populations, including among adolescents. The Cantril scale is a widely used measure of life satisfaction. It is used in Gallup surveys across the globe as well as for adolescents in the Health Behaviour in School-aged Children (HBSC) survey in 42 countries/regions including in Norway. The measure was chosen in MoBa as an easy-to-use measure of life satisfaction for adolescents.

Revision during the data collection period:

No changes have been made